



12033 Tecumseh, Rd. E Unit#1 Windsor, ON N8N 1M1  
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## CHICKEN RECIPES

### Chicken Curry

#### Ingredients (for 1 serving)

- 1 portions of vegetables (mushrooms, leeks, onion or cauliflower for example)
- 1 chicken breasts (according to your protein weight)
- 1 tsp of turmeric
- 1 tsp of mild or medium curry powder
- 1 tsp of Garam Masala
- 1/2 tsp of ground cumin
- 1/2 tsp of ground ginger
- 1 cloves of garlic



#### Preparation

1. If you are using cauliflower, par boil the florets and keeps the water you boiled them in.
2. Heat the spices in a dry frying pan until fragrant (watch out that you don't burn them!)
3. Add garlic and stir. Add the vegetables and coat with spices.
4. Add some oil (if using- phase3), and pour in some stock to loosen up. Cook covered for a few minutes until spices and liquid are well combined and the vegetables are coated with the resulting paste. Add the diced chicken. Cook until the chicken is cooked, stirring regularly. You can add more liquid if you want more of a sauce.
5. Serve with some toasted rye bread to mop up the juices.

### Basil and Rocket Marinated Chicken

#### Ingredients (for 1 serving)

- 1 allowances of chicken breast – chopped
- Rocket salad (lettuce allowance)
- Handful of basil leaves (washed)
- 1/2 tsp chopped garlic
- 200ml water
- 1 tablespoon oil (if using)



#### Preparation

1. Place some rocket salad leaves, basil leaves and garlic in a blender. Add the water & oil and blend.
2. Put the chopped chicken in a bowl and pour over the marinade. Stir until the chicken is coated. Cover and leave for a few hours.
3. Place everything in a sauté pan and cook on a med heat until the chicken is cooked through.
4. Serve it hot or cold with rest of the lettuce allowance.



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## Chicken Soup

### Ingredients (for 1 serving)

1 portion of chicken or turkey breast  
1 portion of vegetables (celery, kohlrabi, leek, carrot, bell pepper, green onions, broccoli)  
1 clove of garlic  
300 ml chicken broth  
Salt and pepper  
Paprika, Parsley

### Preparation

1. Wash the meat under cold running water and cut it into small pieces.
2. Cut the vegetables according to your plan in small pieces. Peel and chop the garlic.
3. Put the meat, vegetables and garlic in a pot and cover it with water or stock. Cook it gently for 30 to 40 minutes. Season it with salt, pepper, paprika and parsley.



## Salad with Chicken/ turkey stripes

### Ingredients (for 1 serving)

1 Portion of vegetables (lettuce, cucumber, radish, tomato, onion)  
1 Portion of chicken/ turkey breast  
Salt, Freshly ground pepper, Curry powder  
1 apple  
Organic apple cider vinegar

### Preparation

1. Wash and drain the lettuce and vegetable. Chop the vegetable into small pieces. Peel and finely chop the onion.
2. Cut the chicken breast into thin strips. Heat a pan and cook the chicken strips. Add a little water if required. Season it with salt, pepper and curry powder.
3. Cut the apple, add it to the meat and cook shortly. Mix everything and drizzle cider vinegar over it.

**Tip:** Instead of apple, pineapple is also tasty with poultry.





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## Chicken with ginger

### Ingredients (for 1 serving)

1 Portion of vegetables (onion, 1/2 tomato, button mushrooms)  
1 small chili pepper, fresh ginger, 1 clove of garlic  
1 serving of chicken breast  
(Oil from Phase 3)  
150 ml chicken broth



### Preparation

1. Peel and dice the onion. Clean mushrooms and chop it in small pieces Peel and dice the tomato. Clean and cut the chili. Peel the ginger and cut it into strips. Peel and finely chop the garlic.
2. Cut the chicken breast into thick strips. Heat a wok (with oil from Phase 3) and cook the meat with the onion.
3. Add mushrooms, ginger and chilies. Season it with chicken broth and garlic. Add tomato.

**Tip:** Instead of mushrooms and tomato, you can use carrot and zucchini.

## Chicken curry

### Ingredients for 1 serving

1 Portion of vegetables (eggplant, bell pepper, onion)  
1 Portion chicken breast fillet  
Salt, Basil  
(Oil from Phase 3)/ (1 tbsp coconut cream from Phase 3)  
150 ml vegetable stock  
Organic apple cider vinegar, (1 tsp soy sauce from Phase 3)



### Preparation

1. Wash, peel and chop the eggplant. Add salt and wash it with water. Wash, peel and chop the bell pepper. Peel and dice the onion.
2. Cut the meat into cubes or thick strips. Heat a pan with a little water/ vegetable stock and cook the meat.
3. After 5-10 minutes add the vegetable and coconut cream (from phase 3) to the meat.
4. Boil it with stock and water, until the meat is soft.
5. Finely chop basil and add it to this curry. Add vinegar and (soy sauce from phase 3) to the curry.



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## Chicken with tomato

### Ingredients (for 1 serving)

- 1 Portion of chicken breast
- 1 Portion of vegetables (onion, tomato, spring onion)
- 1 small garlic clove, Green chilies, Ginger
- Salt and pepper, Chili powder, Cumin Seed

### Preparation

1. Wash, pat dry and cut the meat into pieces. Peel and chop the onion. Peel and cut the tomato. Wash and cut the spring onions into rings. Finely peel and chop the garlic. Finely chop the green chili. Peel and cut the ginger.
2. Heat a pan. Add cumin seeds, then add onions and cook them till transparent. Add ginger and garlic.
3. Add the tomato pieces, the spring onion and all the herbs. Add the meat to it. 3. Add the seasoning. Add a little bit of water and cook it for 15 to 20 minutes.



## Waldorf salad with chicken

### Ingredients (For 1 serving)

- 1 serving of chicken breast
- salt, freshly ground pepper
- 1 apple
- 1 serving of vegetables ((Celery, Lettuce)
- Organic apple cider vinegar

### Preparation

1. Season the meat with salt and cook it for 15 minutes. Cut it into strips.
2. Wash the apple, core and grate the flesh coarsely, wash and coarsely grate the celery.
3. Put the poultry meat, apple and celery in a bowl. Season it with salt, pepper and vinegar. Put the salad in the fridge for at least 30 minutes.
4. Wash the lettuce and spin dry it, then place it on a plate.

